

## "Your Mirror is Always Truthful," Says Billie Burke, in Article on Flesh Reducing

BY BILLIE BURKE.

Comes the time when every woman should take stock before the winter season commences. And in so doing she should only take in confidence her sincerest friend—her mirror.

It is curious how we do not notice the little blemishes that come nor the ugly mannerisms until one day we are brought up short by the sight of ourselves revealed by the mirror which is placed in a strong light.

If you are fond of fresh vegetables, sweet corn, sweet potatoes, beans, peas and other starchy foods it is very probable you have grown stout. You have not thought much about it. You told yourself that your wash frocks had probably shrunk in the laundry, and although they seemed to shrink more and more, yet you would not allow yourself to believe the awful truth. You were taking on fat.

Without consulting your mirror you purchased one of the new tunic gowns which looked so bewitching on the slender figures of the model who told you shyly that she was just your height—thereby intimating that it could look quite well on you.

Alas! alas! Your truthful mirror told another story and you probably sat down and cried.

Now I'm going to tell you how you can commence to reduce your flesh, and by the time you eat your Thanksgiving dinner, you will be thin enough to wear your new gown comfortably without looking well in it.

The first thing to do is to make up your mind that you are going through with the reducing at any cost.

The next thing is to stick to this resolution.

The regime is very simple. Just drink three quarts of milk a day from which the cream has been skimmed.

Before you start it is well to take a laxative water for about a week. Then when you arise some morning breakfast on one of your bottles of milk. At noon you may have another and at night when you are hungry enough to eat, have at a free lunch counter—skip your last bottle.

During the day drink one quart bottle of French Vichy. At the end of four weeks, which is the course, your complexion will be like a baby's. You will have lost from 25 to 30 pounds and you will have added immeasurably to your will power.

I do not think there is anything like a milk diet, at least once a year, both as a beautifier and a builder of character.



T.R. HIGGINS

### MRS. STANLEY TELLS A REMARKABLE STORY



A remarkable story of remarkable results achieved by Nature's Creation is told by Mrs. S. M. Stanley, of Indianapolis, Ind., who declares:

"I took seven bottles of Nature's Creation and was cured of consumption by just those seven bottles. When I commenced taking it, I weighed less than 100 pounds, but now I weigh 125 pounds and feel fine. Every one who knows me is surprised to know how well I am, and I know of so many people who want to learn about this wonderful remedy."

Mrs. Stanley, whose address is 135 S. Belmont avenue, Indianapolis, stated nine months later: "I have been examined three different times since I began taking Nature's Creation and each time my lungs were pronounced sound. I have not taken any medicine since last year and never felt better in my life than I do today. I weigh 130 pounds—more than I ever did. Nature's Creation has also cured my son of a very severe case of catarrh of the head, throat and lungs."

Are you interested in the treatment of tuberculosis and the conditions which lead to it, such as bronchitis, impure blood, run-down system and asthma? If so, it is your duty to write to-day for free booklet being distributed without cost and without obligation to you. It contains photos and testimonials from local parties. Fill out the coupon below and mail at once.

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### WOMEN IN CAMPAIGN AGAINST ILLINOIS JUDGE

PEORIA, Ill., Oct. 17.—Women of the progressive party, among them Mrs. Medill McCormick, are making a tour of this section attacking the judicial record of L. D. Puterbaugh, republican candidate for the state appellate bench.

### WAS FROM THE WILD WEST

Wife Carried a Revolver So Husband Wants a Divorce.

LOGANSPORT, Ind., Oct. 17.—Ellsworth A. Allman, in a divorce complaint, says his wife was born and reared in the west and that eastern civilization has not improved her. He avers that she carries a revolver and that at the most trivial opportunity will jerk it out and make him sing or dance. He also says she uses liquor to excess.

### KILLS RICH MERCHANT

Lawyer Accused Dead Man of Stealing Papers.

PALMERO, Sicily, Oct. 17.—Signor

Palermo, a well known lawyer of Palermo, Thursday shot and killed a rich merchant, Signor Salandino. Paternostro accused the merchant of having stolen documents connected with the candidacy of Sunzio Naso, the former minister of public instruction, who served a term of imprisonment for embezzlement and who has been elected deputy only to have his election annulled.

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### HARRY L. YERRICK

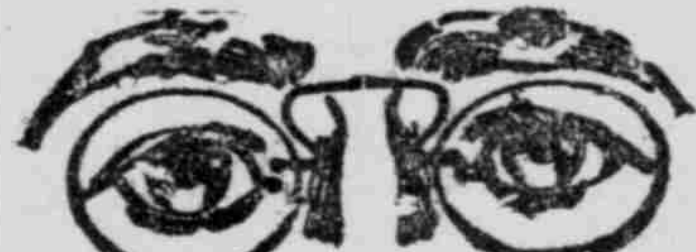
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"WHEN WOMEN GO ON THE WARPATH"

G. M. Anderson

In an Essanay Western.

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## Theatres

### SIG. PINI-CORSI.

Sig. Pini-Corsi, principal basso buffo of the Metropolitan Opera Company, who delights in everything he does, scored with exceptional brilliancy in the comic grand opera "Il Maestro di Capella" when it was revived especially for him. In this opera both his wonderful comedy gifts and his remarkable voice find ample opportunity which is the reason it was chosen for the tour he will make this fall before he takes his place with the Metropolitan company. "Il Maestro di Capella" will be given with complete scenery and costumes. After it will come a concert program. Associated with Pini-Corsi will be Miss Louise Cox, soprano of the Metropolitan and Sig. Attilio di Crescenzo, tenor from the Royal opera house of Parma, Italy. Pini-Corsi will visit this city at the Oliver Thursday, Oct. 23, with his associates, and this event will be unusually interesting and attractive to all music lovers as well as to the public generally.

### MAY ROBSON.

May Robson in a new comedy, "Mrs. Mat Plummer," by James Forbes, author of "The Chorus Lady," "The Traveling Salesman," etc., will be the attraction at the Oliver theater Saturday evening.

This screaming farce has the indelible trade mark of success stamped on it, and mere description fails to do justice. The combination of characters in action, the daring atmosphere in which they move and the humorous episodes must be left to tell their own story.

Miss Robson's reputation as an actress of quaint and eccentric characters is well sustained. It is claimed that she is one of the few funny women on the stage. In the language of the New York papers—"she is a scream."

### AT THE ORPHEUM.

Schooler and Dickinson are presenting one of the classiest singing and piano acts ever seen at the Orpheum and easily head the new bill which opened Thursday. The young lady has a delightful soprano voice which is heard to good advantage in a number of well chosen selections, particularly "Kiss Me Again." The lad at the piano has been named the best Faderewski and his excellent playing justifies the title. The act is well arranged and closes with a catchy ballad, "Keep Your Eye On Me," in which both performers do an attractive dance.

Carson and Willard offer a Dutch comedy act with a novel setting and costumes, some good twisted dialogue and some sure-fire parodies. The LaVeen Cross company is composed of two powerful athletes with magnificent physiques and a slim chap who interrupts with some near-zampedy.

Jack Princeton and Agnes Yale offer a slang comedy in which Princeton hands out a bunch of Billy Ratters that would make Bart Leslie dizzy. A special drop helps the talk and an improbable finish is cleverly put over.

### AT THE SURPRISE.

"Steel," a two-reel drama, will be shown at the Surprise theater today. This frank melodrama is built to thrill and nothing else. It will accomplish that purpose for it is intelligible and has plenty of situations.

### "WHEN WOMEN GO ON THE WARPATH."

This is a hard one on the men who oppose the women in their effort for reform. You wouldn't believe it of

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(Above abbreviated; more on request.)

Eckman's Alternative has been proven by many years' test to be most efficacious for severe Throat and Lung Affections, Bronchitis, Bronchial Asthma, Stomach Colds and in upbuilding the system. Contains no narcotics, poisons or habit-forming drugs. Sold by Chas. Conley & Co., Wood & Strieler, Write the Eckman Laboratory, Philadelphia, Pa., for booklet telling of recoveries and additional evidence.

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